

# Anusara Yoga Immersion: Bibliography

## Required texts

- *Anusara Teacher Training Manual* by John Friend & ASYH
- *Anusara Immersion Manual* by John Friend & ASHY
- *Light on Yoga* by BKS Iyengar.
- *Patanjali Yoga Sutras* [for Immersion II - see recommended versions below]
- *Bhagavad Gita Sutras* [for Immersion III - see recommended versions below]

## Patanjali Yoga Sutras versions

- *Light on the Yoga Sutras* by B.K.S. Iyengar
- *Yoga Discipline of Freedom: The Yoga Sutra Attributed to Patanjali* by Barbara Stoller Miller
- *The Yoga Sutras of Patanjali* translated by Swami Satchidananda
- *The Yoga Sutras of Patanjali. A new translation and commentary.* Georg Feuerstein.
- *The Yoga Sutras of Patanjali* Swami Satchidananda.

## Bhagavad Gita versions

- *Bhagavad Gita: the Song of God* translated by Swami Prabhavananda and Christopher Isherwood.
- *Bhagavad Gita* translated by Juan Mascaro.
- *Bhagavad Gita* translated by Winthrop Sargeant.
- *Bhagavad Gita.* A new translation, Stephen Mitchell.
- *The Bhagavad Gita.* J.A.B. van Buyten.
- *Poised for Grace: Annotations on the Bhagavad Gita from a Tantric view.* Douglas Brooks. (in Kindle)

## Other recommended texts

- *The Yoga Tradition* by Georg Feuerstein

### For IMMERSION I

- *The Shambala Guide to Yoga* by Georg Feuerstein
- *The Splendor of Recognition* by Swami Shantananda - an exploration of *Pratyabhijna Hridayam*
- *Meditation for the Love of It* - Sally Kempton

### For IMMERSION II

- *Light on pranayama* by B.K.S. Iyengar
- *Wheels of Life* by Anodea Judith

## Other texts

### *Vijnana Bhairava Tantra* (several versions)

- *Vijnanabhairava or Divine Consciousness* – by Jaideva Singh

- ***Vijnana Bhairava, the Practice of Centring Awareness*** – comentary by Swami Laksmanjoo
- ***Vijnanabhairava – The Radiance Sutras*** – Lorin Roche

### **Kashmere Shaivism Texts**

***Shiva Sutras*** (several translations)

- ***The Shiva Sutras***– Jaideva Singh
- ***Shiva Sutras (The Supreme Awakening)*** . with the commentary of Kshemaraja, revealed by Swami Laksmanjoo, edited by John Hughes.

### **Actual texts about Yoga and Tantra**

- ***Tantra Illuminated: the philosophy, history and practice of a timeless tradition***  
– Christopher D. Wallis y Ekabh Mi Ellik
- ***Awakening Shakti*** – Sally Kempton
- ***Meditation For The Love Of It*** – Sally Kempton

### **Anatomy texts**

- ***Trail Guide to the Human Body*** – Andrew Biel
- ***The Key Muscles of Hatha Yoga*** – Ray Long
- ***The Key Postures of Hatha Yoga*** – Ray Long